

# Squash Courses for Juniors



## Enjoy, Play, Socialise, Compete



Tuesday 7<sup>th</sup> January - Sunday 5<sup>th</sup> April



Courses@edgbastonpriory.com | 0121 440 2492 | @EdgbastonPriory



# EPiC Squash Courses



Course	Age	Day	Time	Weeks	Member Price	Non Member Price
EPiC A,B,C's	18m- 3yrs	Monday	09:30 - 10:00	11	£44.00	£60.50
		Wednesday & Friday	09:30 - 10:00	12	£48.00	£66.00
EPiC Toddlers	3 - 5yrs	Thursday	16:30 - 17:15	12	£72.00	£93.00
		Friday	16:15 - 17:00			
		Saturday	09:00 - 09:30	12	£48.00	£66.00
EPiC Belters	5 - 7yrs	Monday	16:30 - 17:15	11	£66.00	£85.25
		Tuesday	16:30 - 17:15	12	£72.00	£93.00
		Saturday	09:30 - 10:15	12	£72.00	£93.00
EPiC Lobbers	7 - 9yrs	Monday	17:15 - 18:00	11	£66.00	£85.25
		Tuesday	17:15 - 18:00	12	£72.00	£93.00
		Saturday	10:15 - 11:00	12	£72.00	£93.00
EPiC Boasters	9 - 11yrs	Saturday	11:00 - 11:45	12	£72.00	£93.00
EPiC Improvers	11 - 13yrs	Saturday	11:45 - 12:30	12	£72.00	£93.00
EPiC Pros	13+yrs	Saturday	12:30 - 13:15	12	£72.00	£93.00
EPiC Girls	All	Friday	17:00 - 18:00 18:00 - 19:00	12	£96.00	£132.00
EPiC Performance	Invite Only	Wednesday & Friday	18:00 - 19:30	12	£120.00	£159.00
		Wednesday	19:30 - 21:00			

**Please note:**

**There are no sessions during February Half Term (17<sup>th</sup> February - 23<sup>rd</sup> February)**

You can book your child on to one of our courses at Reception or call 0121 440 2492.

## **EPiC ABCs**

Aimed at children and parents to improve the children's co-ordination. This helps in the long run for them to pick up squash quickly from a toddler age.

## **EPiC Toddlers**

This is perfect for children to start improving their co-ordination and ability to start rallying in squash. This type of session will introduce children to a squash court and learning all of the basic skills to be able to balance the ball and start hitting FH and BH shots correctly.

## **EPiC Belters**

This session is aimed at children who can hold a rally in pairs and individually be able to hit 5 shots on the FH and BH side. The ball that we use in this group is between the yellow / pink ball and the orange ball.

## **EPiC Lobbers**

For children who may be new to the game and slightly older than the age range, or within the age range and have played a little before. The ball used in the group is between an orange ball and a red dot ball.

## **EPiC Boasters**

This session is aimed at children who have played before. They will be using a red dot ball and would need to be able to serve and return.

## **EPiC Improvers**

For children who have played a reasonable amount before; can do routines and conditioned games and know the rules of squash and be able to compete with a single yellow dot ball.

## **EPiC Pros**

Aimed at children who have played a reasonable amount before. Can do routines and conditioned games and know the rules of squash and be able to compete with a double yellow dot ball.

## **EPiC Girls**

A female only session. This is aimed at increasing female participation, Suitable for all ages and abilities.

## **EPiC Performance - Invitation Only Session**

A performance programme aimed towards players playing at a minimum level of county standard and aspire to compete for the Midlands and England.



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